

PRACTICUM: FALL 2016

Emily Elkind

- ▶ Work with my placement supervisor to put together a plan for a first-floor consumer health resources center for patients and families
 - ▶ Project proposal
 - ▶ Gantt Chart, with projects listed
 - ▶ List of print and digital patient education materials
 - ▶ List of web resources and information related to mental health, obesity, exercise, healthy eating, substance abuse
 - ▶ List of local community agencies for Lexington
 - ▶ 6 brochures about different relevant topics for our community
 - ▶ Updated resource list for patients and families
 - ▶ Literature searches

PROJECT GOALS

- ▶ Attended monthly meetings related to construction of the consumer health resource center
- ▶ Toured the consumer health resource center at UK to get a different perspective
- ▶ Attended the regional Mid-Continental/Midwest MLA conference in Des Moines, IA on October 21-25.
 - ▶ Networking
 - ▶ Learning about new topics in the field
 - ▶ Predatory publishing, building relationships with faculty, clinicians and other stakeholders, the use of health apps in hospitals, the cost of a health librarian, and re-cataloging MeSH.
 - ▶ Identified a potential grant funding source for the consumer health resource center through the NNLM in Iowa City, IA. This person is the liaison between NNLM and the state medical library association.

MEETINGS

Community Resource Center Proposal

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August 30, 2016

The Saint Joseph Hospital Medical Library is pleased to submit this proposal for relocation and reconfiguration of services to make way for a new Community Resource Center. Since 1932, Saint Joseph Hospital has had a medical library that has provided authoritative, evidence-based research assistance to its vast community of healthcare providers and staff. Today, more so than ever, patients are expected to participate in their care from diagnosis to discharge. To this point, recent input from nursing leaders in the Shared Governance Council have expressed concern with the quality and branding of patient teaching and discharge materials at Saint Joseph Hospital. The Community Resource Center will empower patients and families by providing access to credible health information. The Center can link visitors to local organizations that provide specialized services for a particular health concern, as well as communicate current outreach programs and services sponsored by KentuckyOne Health. The Resource Center would provide a centralized approach to aggregate and maintain information materials regarding our diverse services. With a continued promise of service excellence to healthcare providers, the Community Resource Center will become an all-encompassing resource for KentuckyOne Health.

Objectives

- Establish patient access to credible health information
- Increase visibility of library services through marketing efforts
- Maximize use of technology to provide health information seeking opportunities for patients and families
- Establish an audiobook collection for the visually impaired
- Creation of a calm, comfortable environment

PROJECT PROPOSAL

Services/Resources

- Provision of print and digital health literature (including a small selection of books)
- Monthly display for health awareness (i.e., Breast Cancer Month, Diabetes Month, Water Safety Month)
- Provide access to computers and video stations
- Deliver training on the use of Internet resources and library databases (librarian, intern)
- Identify local resources/agencies for additional health information

Needs for Consumer Resource Center

- Small sitting/reading area for families
- Desk space for library staff (kiosk-type arrangement)
- Color print/copy/scan/fax services
- Lockable storage for office supplies
- Minimal number of keys to access space
- Desktop computers (4-6) [*“All-in-one” model to reduce possibility of theft*]
- Disposable headsets/ear buds
- Comfortable seating that can be sanitized
- TV displays to facilitate viewing of digital brochures and videos
- KentuckyOne Health marketing materials (pens, notepads, mouse pads, hand sanitizers)

Needs for current Medical Library space

- Installation of 3-4 separate conference rooms with moveable soundproofed walls to facilitate creation of a larger conference room
- Provisions for video teleconferencing:
 - Video conference equipment (TV/computer screens, projector, phones)
 - Seating
 - Conference table(s)
- SMART Board

Recommendations

- Full time Master-degreed librarian on staff to assist patients and their families and continue research services for the Virtual Library
- Maintain internship collaboration with the University of Kentucky School of Library & Information Sciences (Note: this will help with staffing of new space)
- Volunteer services collaboration to allow for 8:00am-8:00pm opening hours Monday-Friday –or- flexibility considered to have one late night shift during the week with hours on remaining business days from 9:00am-5:30pm.
- Addition of the librarian’s business card to all discharge information packets for families to arrange appointment with librarian
- Collaborate with nursing leaders to overhaul discharge instructions to achieve a more uniform, up-to-date set of patient education materials

Goals (Immediate)

- Relocate within 6 months (includes installation of glass enclosures, new furniture, computers, etc.)

1 PROJECT PROPOSAL, CONTINUED

Project Title: Consumer Resource Center

Updated: x/x at 00:00 a.m.

		2016					2017					
		Jul	Aug	Sept	Oct	Nov	Dec	Jan	Feb	March	April	May
	Targeted Date of Completion											
Decommission of Current Library												
Remove journals from shelves for discard												
Dismantle and remove shelves (put in storage, discard?)												
Remove furniture pieces not remaining for current reconfigured space.												
*Removed furniture marked with a green x in masking tape												
Current library reconfiguration												
Stakeholders reconfigure current space to their needs												
Grand Opening												
New Library												
Break down/relocate donor wall												
Confirm pricing for glass wall												
Order glass wall												
Install glass wall												
Select furniture (staff area and user area)												
Select storage												

GANTT CHART

Carpet cleaning												
Install furniture												
Select IT equipment												
Purchase IT equipment and power strips												
Install IT equipment												
Grand opening												
Resource Selection												
Select resources (books, brochures, etc)												
Purchase resources												
Shelve resources												
Electrical and inspections												
Wiring (wall outlets, grounded outlets)												
Make sure new library is up to code												
Insert Name of Planning Category												

GANTT CHART CONT.

What does Alcohol do to my brain and body?

Alcohol changes how the brain works, including your attitude and overall behavior.

Alcohol may cause cirrhosis of the liver, fatty liver and other liver problems, multiple types of cancer, high blood pressure, stroke, and a weaker immune system.

The first step towards getting somewhere is to decide that you are not going to stay where you are

Chauncey Depew
PICTUREQUOTES.COM

Source: picturequotes.com

Alcohol Abuse and Tips on Quitting

Also called Alcohol Use Disorder, with the following symptoms:

- Drinking more than you meant to?
- Spent longer recovering from the drinking?
- Spent lots of time drinking?
- Unable to take care of family, friends, household responsibilities because of drinking?
- Sacrificed other pleasurable activities or relationships to drink?
- Continued to drink after becoming depressed or sick?
- Placed yourself in dangerous situations while drinking (driving, using machinery, swimming, etc?)
- Experienced withdrawal symptoms after drinking alcohol?
- Drank much more alcohol to experience the same effects as when drinking much less?
- Source: National Institute on Alcohol Abuse and Alcoholism

BROCHURE 1: ALCOHOL AND DRUG USE



Source: keepcalm-o-matic.uk

Defining Alcohol Levels

According to the National Institute on Alcohol and Alcoholism:

Binge Drinking: 4 drinks for women, 5 drinks for men

Women who drink 3 drinks per day and no more than 7 drinks in one week are at a low risk for developing an Alcohol Use Disorder.

Men who drink 4 drinks in one day and 14 drinks in one week are less likely to develop an Alcohol Use Disorder.



Tips on how to quit drinking:

- Look in your area for local support groups.
- Reach out through social media to find support if you cannot find local groups.
- National Drug and Alcohol Treatment Referral Routing Service:
 - 1-800-662-HELP (4357)
- Join other non-alcohol related activities in your area.
- Find people who do not use alcohol to hang out with.
- Stay away from areas where you are more likely to drink.
- Do not bring alcohol into the home.
- Come up with a polite, firm reply for those who offer you a drink.
- Source: MedlinePlus and National Institute of Alcohol Abuse and Alcoholism
- Image source: chalkthoughts.com

ALCOHOL AND DRUG USE CONT.

Common distracting activities

Reading
Grooming/Makeup
Texting/talking on the phone
Arguing/talking with passengers
Eating

Why these activities are dangerous

It's unfair and disrespectful to do the activities above while driving because it poses a safety hazard to everyone on the road.

Pedestrians and fellow drivers expect you to be focused on driving ONLY.

If pedestrians and fellow drivers are following the rules of the road, you should also abide by the same rules because it is THE LAW.

Additional Sources

Teens Against Distracted Driving: <http://teensagainstdistracteddriving.com/>

Distraction.gov: <http://www.distraction.gov/>

Governors Highway Safety Association

Laws in Kentucky:

It is against the law to be texting, emailing, and otherwise surfing the internet on the phone while driving.

Talking on the phone while driving is not against the law.

Teen drivers may not use a cell phone at all while driving.

Source: Kentucky Transportation Cabinet.



Source: pinterest.com

Distracted Driving....Don't Do It!!!



Source: mpdc.dc.gov

BROCHURE 2: DISTRACTED DRIVING

Pets in the Car: Tips

Crate or harness your pet in the back seat.

Keep the temperature in the car at a good temperature

Provide a toy to keep the pet busy.

Stop frequently on longer trips for bathroom breaks and stretches.



Peel & Holland
Insurance • Risk Consulting • Employee Benefits

Children in the car: Tips

According to the Kentucky Transportation Cabinet:

Make sure each child has something to do in the car (toys, books, etc)

Make sure that each child is restrained.

If the child refuses to stay buckled in their seat, pull over, stop the car, and do not continue driving until they stay restrained in their seat.

Praise the child for staying restrained in their seat.

Stop often to allow children to run around and stretch.



Source: American Family Insurance

Tips on avoiding distracted driving

Pull over to a secure area if you must make a call

Turn your phone off and put it away

Leave a voice message for callers that states you will return your call once you are off the road

If you use a GPS, enter the destination before you leave so you are not distracted while driving

Cage pets or harness them with pet harnesses

If a conflict with children arises, pull over to address the problem. **DO NOT** attempt to address it while driving.

DISTRACTED DRIVING CONT.



Source: Huffington Post

All of these tips should help you retrain your brain to enjoy the healthier foods you need.

Here are additional resources for making healthy recipes:

[https://
www.choosemyplate.gov/
recipes-cookbooks-and-menus](https://www.choosemyplate.gov/recipes-cookbooks-and-menus)

Eating on a budget

[https://
www.choosemyplate.gov/
budget](https://www.choosemyplate.gov/budget)

Make small changes:

Half of your plate is fruits and veggies

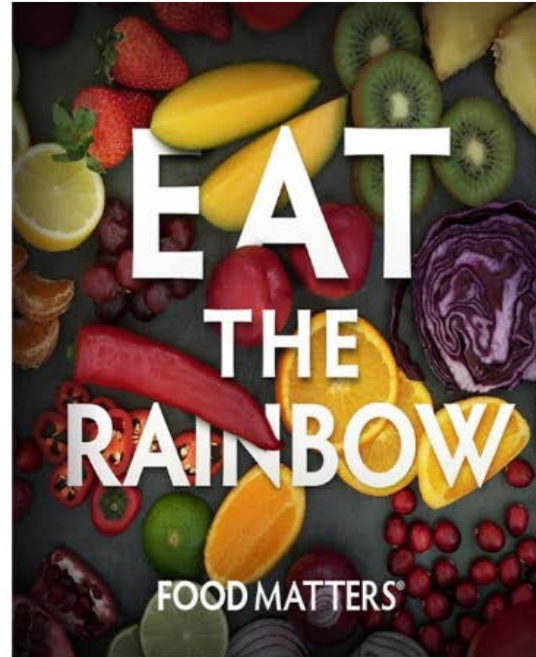
Half of your grains are whole grains

Lowfat or no fat dairy products

Controlling Portion Size:

- Use smaller plates
- Eat slowly
- Pay attention to how hungry and full you feel, and listen to those cues
- Eat more fruits, veggies, whole grains, and decrease the amount of sugar, salt and fat in your diet.
- Eat fruit for dessert instead of cookies or cakes
- Drink more water
- Make certain foods treats
- Source: ChooseMyPlate.gov

Why is healthy eating important?



Source: Socialfeed.info

BROCHURE 3: HEALTHY EATING



Source: newhealthguide.org

According to ChooseMyPlate.gov:

Vegetables: contain many healthy vitamins that help maintain blood pressure, healthy cholesterol, and Vitamin A keeps teeth and gums healthy, while Vitamin C helps cuts heal quickly

Fruits: Low in fat, salt, calories, and have no cholesterol. Fiber lowers cholesterol and blood pressure, and helps with bowel functions. Also reduces risk of heart disease.

Grains: Contains fiber, and B vitamins also help with metabolism. Energy from the carbs and sugars help with creation of protein. Iron oxygenates the blood and other vitamins help keep the immune system healthy.

Protein: Low amounts of saturated fat (often found in red meat., such as steak, beef, and lamb) can decrease bad cholesterol. Protein is the builder of many parts and chemicals needed for proper body functions. Eating small amounts of some nuts and lean meat help

Healthy eating (in addition to other positive choices) prevents the following:

- Cancers
- Heart disease
- High Cholesterol
- Diabetes
- High blood pressure
- Obesity
- Bone disease

Healthy eating influences the following:

- Positive mood
- Decreases body weight
- Increases overall energy
- Encourages restful sleep
- Increases your overall life expectancy

HEALTHY EATING CONT.

Other groups to look into:

Your local parks, recreation centers (rec centers)

Local YMCA

Employee workout programs funded by employers

Local health department

Churches

For more information:

CDC: Physical Activity and Health

<https://www.cdc.gov/physicalactivity/basics/pa-health/>

American Heart Association

http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/Physical-Activity_UCM_001080_SubHomePage.jsp

Reasons why exercise is important:

According to ChooseMyPlate.gov, physical activity helps with the following:

Increases your likelihood of living longer

Helps increase positive feelings about yourself.

Decreases chances of depression

Sleep well at night

Meet people, have fun

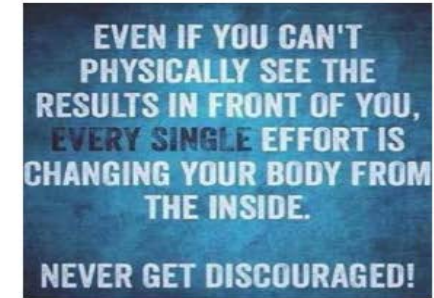
Helps you stay at a good weight

Helps you move around easier.



Source: dietinreview.com

Importance of Physical Activity



Source: king-of-fitness.co.uk

BROCHURE 4: PHYSICAL ACTIVITY

Types of exercise:

Walking/Running

Swimming

Yoga

Bicycling/stationery bike

Lifting weights

Soccer

Basketball

And many sports

Adult exercise recommendations

Adults want to do at least 2 hours and 30 minutes of moderate exercise in a week OR 1 hour and 15 minutes of intense exercise each week.

Exercise at least 3 times a week

Exercising 5 or more hours a week can also be beneficial

Lift weights, do push ups and strength activities twice a week.



Source: npr.org

How to get started with exercise:

Make use of the local transit system if there is one, and drive less

Walk more places, drive less

Clean the house

Walk the dog

Join a workout/walking group in your area

Exercise to a workout video

Involve the whole family

Play with the kids

Source: ChooseMyPlate.gov

Tips for everyone:

Start slowly, and work toward a goal.

Choose activities that go with your fitness level.

Use the correct safety gear for the activity

Choose a safe place to do your activity

PHYSICAL ACTIVITY CONT.



Source: quotesgram.com

Withdrawal symptoms:

The National Drug Institute on Drug Abuse has a few common symptoms:

- Problems sleeping
- Irritability
- Problems concentrating
- Powerful appetite
- Increased craving for tobacco

How does tobacco affect the body?

According to the National Institute on Drug Abuse, when tobacco is inhaled, it causes the heart to beat faster, the lungs to work harder, and blood pressure increases.

If the user smokes 25 cigarettes in one day, they receive 250 hits of nicotine in one day.

After repeated exposure to nicotine, the user may become addicted to the pleasure that smoking provides, and it will become more difficult to quit later.

Users are more likely to develop the following health problems:

Lung Cancer

Heart disease/ Heart attack

Stroke

Pneumonia

Vascular diseases

And other health problems

Smoking and Ways to Quit



Source: heartifb.com

BROCHURE 5: SMOKING CESSATION

Additional Resources:

Withdrawal:

<https://smokefree.gov/challenges-when-quitting/managing-withdrawal/understanding-withdrawal>

What prompts smoking for you?

<https://smokefree.gov/challenges-when-quitting/cravings-triggers/know-your-smoking-triggers>

Stress and Smoking

<https://smokefree.gov/challenges-when-quitting/stress-mood/stress-smoking>

Source for this information: National Institute on Drug Abuse:

<https://www.drugabuse.gov/publications/drugfacts/cigarettes-other-tobacco-products>



Quitting smoking can be challenging, but with the help of supportive family, friends, and support groups, it may be successful.

Nicotine Replacement Therapies approved by the FDA in patch, spray and other forms.

Here are some helpful resources for support:

Local health departments may be able to provide low-cost or free resources within your community.

Social Media: Facebook groups connected with the National Institute on Drug Abuse

Support groups in the community

Helpline: 800-QUIT-NOW

More Information on how to quit:

<https://smokefree.gov/>

Image sources: breadforthecity.org & hccfl.edu



SMOKING CESSATION CONT.

What about the FDA?

The Food and Drug Administration has begun to regulate e-cigarettes in 2016, but they have much more to learn about the effects of e-cigarettes and other electronic smoking devices. The FDA has also taken jurisdiction over the promotion, packaging, manufacturing, marketing and additional areas related to electronic smoking devices. However, the FDA has no jurisdiction over accessories for the electronic smoking devices.

Source: <http://www.fda.gov>



Source: Kentucky Department of Agriculture.

Additional Resources:

Food and Drug Administration

www.fda.gov/tobaccoproducts/labeling/productsingredients/components/ucm456610.htm

American Lung Association

<http://www.lung.org/stop-smoking/smoking-facts/e-cigarettes-and-lung-health.html>

National Association on Drug Abuse

<https://www.drugabuse.gov/publications/drugfacts/electronic-cigarettes-e-cigarettes>



Source: smoq.net

Don't Think E-cigarettes are dangerous? Think again.



Source: wired.com

BROCHURE 6: E-CIGARETTES

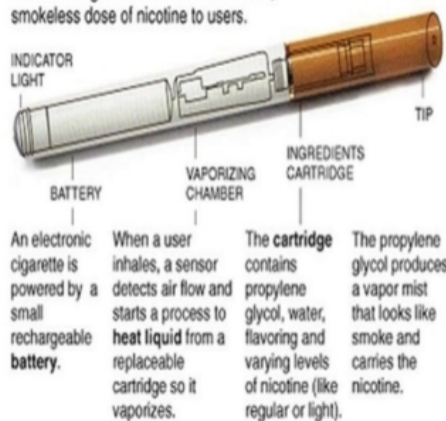
What about secondhand smoke?

E-cigarettes and the smoke coming from them are not shown to be any safer to inhale than traditional cigarette smoke.

Because e-cigarettes still contain cancer-causing chemicals, it is best not to smoke in non-smoking areas out of courtesy for others.

Source: American Lung Association

Electronic cigarettes deliver an odorless, smokeless dose of nicotine to users.



Source: *NYOY* (one brand of the cigarettes)

THE NEW YORK TIMES

Source: eandt.theiet.org

Myths and Realities about E-Cigarettes

Myth 1: E-cigarettes are not addictive.

Reality: E-cigarettes contain nicotine and other chemicals which make them addictive to the user.

Myth 2: E-Cigarettes are safer than other cigarettes.

Reality: The government has not collected enough information about the safety of e-cigarettes.

Myth 3: E-Cigarettes can help you quit smoking.

Reality: E-cigarettes have not been looked at closely enough to determine if users can quit smoking by decreasing nicotine dependence on E-cigarettes.

Source: American Institute on Drug Abuse

What are e-cigarettes?

E-cigarettes, along with e-cigars, e-hookahs, and other electronic smoking devices are known together as Electronic Nicotine Delivery Systems (ENDS).

Users often inhale flavored vapors in an aerosol form through a refillable filter.

Like traditional cigarettes, e-cigarettes contain nicotine and other harmful chemicals.

Additionally, flavored chemicals are another reason why many users become addicted to e-cigarettes.

Source: American Lung Association

E-CIGARETTES CONT.

Print materials: Diseases and the body	English	Publisher				Seller		Author	
Merriam-Webster's Medical Desk Dictionary		Innovative Knowledge				Amazon.com			
The Human Body Book		DK Publishing				Amazon.com			
Mayo Clinic A to Z Health Guide		The Mayo Clinic				Amazon.com			
American Medical Association Family Medical Guide 4th edition		American Medical Association				Amazon.com			
Human Body: Human Anatomy for Kids						Amazon.com		Jon Haws, BSN, RN	
The Human Brain Book		DK Publishing				Amazon.com			
The Brain Book: Development, Function, Disorder, Health						Amazon.com		Ken Ashwell	
Why do I hurt? The Neuroscience of Pain		Rittenhouse				Rittenhouse.com		Luow, Adrian	
100 Questions and Answers about....series		Rittenhouse				Rittenhouse.com		Various authors	
Talking to your doctor: a patient's guide to communication in the exam room and beyond						Rittenhouse.com		Berger, Zachary	
The Knowledgable Patient: Participation in Health		Wiley				Rittenhouse.com		Hill, Sophie	
100 Questions and Answers about communicating with your health provider						Rittenhouse.com		King, John	
Ferri's Netter Patient Advisor		Elsevier				Rittenhouse.com		Ferri, Fred F.	
100 Questions and Answers about diabetes		Jones and Bartlett Learning				Rittenhouse.com		Bryer-Ash, Michael	
100 Questions and Answers about how to quit smoking		Jones and Bartlett Learning				Rittenhouse.com		Herrick, Charles	
100 Questions and Answers about Chronic Illness		Jones and Bartlett Learning				Rittenhouse.com		Norman, Robert A.	
100 Questions and Answers about alcoholism		Jones and Bartlett Learning				Rittenhouse.com		Herrick, Charles	
100 Questions and Answers about COPD		Jones and Bartlett Learning				Rittenhouse.com		Quinn, Campion E.	
100 Questions and Answers about congestive heart failure		Jones and Bartlett				Rittenhouse.com		Quinn, Campion E.	
100 Questions and Answers about Managing your cholesterol		Goldberg, .				Amazon.com		Goldberg, Anne C. &	
100 Questions and Answers about arthritis						Amazon.com		Campion E. Quinn an	
100 Questions and Answers about Stroke: A Lehy Clinic Guide						Amazon.com		Kinan K. Hreib	
The Brain Atlas: The Visual Guide to the Central Nervous System		Wiley				Rittenhouse.com		Woolsey, Thomas A.	
Netter's Illustrated Human Pathology		Elsevier				Rittenhouse.com		Buja, L. Maximilian	
	Spanish								
Journeyworks brochures on many topics									

LIST OF PRINT RESOURCES FOR NEW SPACE

Models												
Vat of Fat					a3bs.com					\$79.00		
1lb and 5lb fat globs					a3bs.com					\$120.00		
Smokey Sue					a3bs.com					\$144.00		
Smokey Sue smokes for two					a3bs.com					\$176.00		
Tobacco Mouth					a3bs.com					\$146.00		
A Year's worth of tar					a3bs.com					\$72.00		
Clem's Phlegm display					a3bs.com					\$76.00		
Classic Heart with bypass 2 part					a3bs.com					\$111.00		
Goggles for simulating drunk driving					a3bs.com					\$155.00		
Deluxe Occluded Artery Model					a3bs.com					\$163.00		
Deluxe functional knee joint					a3bs.com					\$139.00		
Deluxe functional hip joint					a3bs.com					\$139.00		
Cancer resources												
100 Questions and Answers about cancer												
100 Questions and Answers about Leukemia												
100 Questions and Answers about Myeloma												
100 Questions and Answers about Kidney Cancer												
100 Questions and Answers about Lymphoma												
100 Questions and Answers about lung cancer												
100 Questions and Answers about pancreatic cancer												
100 Questions and Answers about Melanoma and Other Skin Cancer												
100 Questions and Answers about Esophageal Cancer												
100 Questions and Answers about Colorectal Cancer												
100 Questions and Answers about cancer symptoms and cancer side effects												
100 Questions and Answers about Metastatic breast cancer												

LIST OF PRINT RESOURCES CONT.

- ▶ Related to:
- ▶ Substance abuse treatment (accredited organizations by SAMSHA.gov)
- ▶ local gyms and classes
- ▶ nutrition information and healthy recipes
- ▶ weight management
- ▶ Information with names, addresses, phone numbers, websites and emails

LIST OF LOCAL AGENCIES IN LEXINGTON

SAMHSA.gov

Veterans

Lexington Veterans Association Medical Center
1101 Veterans Dr.
Lexington KY 40502
859-233-4511

Treatment provided: Inpatient and Outpatient
Mental Health treatment

Operated by: US Department of Veterans Affairs

Special programs:

- HIV/AIDS programs
- LGBT programs
- Co-Occuring mental health and substance abuse disorders
- Traumatic Brain Injury
- Eating disorders

Substance abuse and mental health

Shepherd's House Inc.
154 Bonnie Brae Dr.
Lexington KY 40508
859-252-1939

For young adult and adult men
Type of care:
Substance abuse care
Do Not use Opioids for drug addiction

Treatment approaches:
Cognitive Behavioral Therapy
Rational Emotive Behavioral Therapy

Service setting: residential, long term residential.

Additional services:
Individual counseling
Group counseling
Family counseling
Marital/couples counseling
Anger management
Motivational counseling

LIST OF LEXINGTON COMMUNITY AGENCIES

Substance Abuse, Cont.
New Life Counseling Services
1099 South Broadway, Ste. 200
Lexington KY 40504
859-309-2384

Type(s) of care provided: substance abuse and mental health

Treatment approaches: substance abuse counseling, cognitive behavioral therapy, trauma based counseling

Treatments: Outpatient, intensive outpatient, regular outpatient treatment

Special support programs offered:

- LGBT support
- Veterans support
- Active duty military
- Referred clients from the court system
- Military families
- Seniors/older adults
- Adolescents, young adults
- HIV/AIDS patients
- Pregnant/postpartum women
- People experiencing domestic violence/intimate partner violence

Age groups served:

Children, teens, young adults, adults, older adults

Exclusive services: DUI/DWI clients

Additional accredited programs in Lexington at

<https://findtreatment.samhsa.gov/locator?sAddr=Lexington%2C+KY%2C+United+States&submit=Go>

LIST OF LEXINGTON COMMUNITY AGENCIES, CONT.

Nutrition and exercise classes/contacts

Contact your local doctor or the health department for recommendations if you need to see a nutritionist. Nutritionists at the Health Department may be contacted at the following number: 859-288-2473.

Dieticians also lead classes twice a month called “Eat, Move, Lose” weight loss support group” from Noon-1 on the first and third Tuesday of each month.

**Location: WIC clinic South
2433 Regency Rd.**

Exercise classes are also offered at the **William Wells Brown Community Center, located on East Sixth St.** Classes are open to adults ages 18 and up. Childcare provided to children ages 5 and up.

**Every Tuesday through December:
Low Impact aerobics: 6-7 pm**

**Specialty fitness classes from 7-8 pm
Yoga, healthy cooking classes, weight management support groups, boot camp, line dancing)**

**Every Thursday through December:
6-7p: Zumba**

7-8p: yoga, line dancing, boot camp, weight loss support group, healthy cooking

Contact Jill Chenault-Wilson for more information at 859-389-6678. A calendar is located on the William Wells Brown webpage.

Additional classes can be found on the Lexington-Fayette County Health Department Website: <http://www.lexingtonhealthdepartment.org/Home/tabid/38/Default.aspx> under “programs”.

NUTRITION AND EXERCISE CLASSES

Other organizations that may offer fitness classes:

Y of Central Kentucky

CM Gatton Beaumont YMCA

3251 Beaumont Center Cir.

Lexington KY 40513

859-219-9622

Pilates reformer tower and chair

Outdoor pool

Lap pool

Warm water pool

Whirlpool

Group classes included in membership

Martial arts

Youth arcade

Childcare (free while using the Y)

Special needs locker room

Locker rooms

Steam room/sauna

High Street YMCA

239 E. High St.

Lexington KY 40507

859-254-9622

Hours: M-F: 5:30am-10pm

Sat.:6am-6pm

Sun:10am-8pm

Additional hours located at: <http://www.ymcacky.org/locations/ymca-location/high-street-ymca/>

Cardio equipment

Weight rooms

Cycling area

60 group classes included in membership

Free getting started appointments, assessments

Heated indoor pool

Free towel service

Childcare while at the Y

Raquetball/handball courts

Full size gym

Indoor running/walking track

Locker rooms with sauna/steam room

Pilates studio

YMCA LOCATIONS

North Lexington Family YMCA**381 West Loudon Ave.****Lexington KY 40508****859-258-9622****Mon-Fri: 5:30 am-10pm****Sat: 6am-6pm****Sun: 10am-6pm****For more hours and information visit: <http://www.ymcacky.org/locations/ymca-location/north-lexington-family-ymca/>**

Multi-use swimming pool

Full size gym

Dry sauna, steam room, whirlpool

Health and wellness center with cardio equipment, weights, free weights

Group exercise studio

Multipurpose room

Free childcare room while at the Y

Free group exercise classes including pilates and yoga, included in your membership

Free Getting Started appointments, fitness assessments, and equipment orientations

Outdoor Basketball courts

T-Ball and soccer fields

Whitaker Family YMCA**2681 Old Rosebud Rd.****Lexington KY 40509****859-543-9622**

Cardio, strength, weight equipment room

Lap and recreation pool (including slides and splash features)

Child care room, free to use while at the Y

Outdoor splash pool

Adult locker rooms, express changing rooms, family locker rooms with easy access to pool area

Three exercise studio areas for group classes including Yoga, Zumba, and others (100+ classes a week)

Large performance room for training

Full size gym

Three lane indoor track

Entrance with free wifi and inviting seating area

YMCA LOCATIONS CONT.

Jessamine Aquatics Center (swimming)

220 East Maple St.

Nicholasville, KY 40356

859-367-7356

Mon-Fri: 11am-7pm

Sat: 11am-7pm

Sun: Noon-7pm

Scott County YMCA (Summer camps/ Sports leagues)

160 East Main St.

East Georgetown KY 40324

Open Mon-Fri 8-4:30 PM

Questions about programs: Call Pat LeVeque: 502-863-4841

Additional questions:

Includes Horseback riding, soccer leagues, T-Ball, Lego Camp

For more information about summer camps and sports leagues:

<http://www.ymcacky.org/main/scott-county/>

Questions about Membership and the YMCA?

See: <http://www.ymcacky.org/main/frequently-asked-questions/>

YMCA LOCATIONS CONT.

Weight management

St. Joseph Lifestyle Medicine classes, membership based
Focuses on the following:

Exercise and instruction
Individual nutrition counseling
Group and one-on-one classes teaching healthy behaviors
Weekly Stress management classes
Relaxation and meditation instruction
Emotional and behavioral health coaching
Cooking classes

Contact information:

Lexington: 859-313-4793

Email: lexingtonhealthylifestyle@kentuckyonehealth.org

To find additional information about assessing diet and nutrition needs, visit the link below:

<http://kentuckyone.adam.com/content.aspx?productId=146&pid=36&gid=3&cmd=create>

WEIGHT MANAGEMENT

Tobacco Use Cessation and Prevention

Lexington-Fayette County Health Department
Angela Brumley-Shelton
Ph: 859-288-2446

In addition to methods on how to quit smoking, the program also provides information on the following:

- Cigarettes and littering
- Asthma in children and smoking
- Dental health and smoking
- Pregnancy and smoking
- Risks of secondhand smoke
- Secondhand smoke and childhood illness
- Sudden Infant Death and Smoking
- Teens and tobacco
- Children and tobacco

For additional information: visit:

<http://www.lexingtonhealthdepartment.org/ProgramsServices/TobaccoUseCessationandPrevention/tabid/79/Default.aspx>

TOBACCO CESSATION

Lexington-Fayette County Health Department

650 Newtown Pike

Lexington KY

859-288-2483

*The health department no longer provides adult physical exams or adult vaccinations at their Newtown Pike location.

*As of May 20, 2014, childhood vaccinations and childhood physical exams are provided at the Newtown location, if you are either underinsured or uninsured.

*Limited appointments are available from Monday to Friday, and the appointments can be made up to a week in advance.

For more information about the local health department, visit:

<http://www.lexingtonhealthdepartment.org/>

Also available at the 620 Newtown Pike location beginning on Sept. 21 for \$30, and no appointment needed.

All of the following payment methods accepted: credit card, check, cash, Medicare/Medicaid, and some insurance

LEXINGTON/FAYETTE COUNTY HEALTH DEPARTMENT INFORMATION

- ▶ Updated digital resources list for patients, families and caregivers.
- ▶ Topics covered:
 - ▶ Healthy eating
 - ▶ Weight management
 - ▶ Mental health
 - ▶ Substance abuse treatment
 - ▶ Smoking cessation

UPDATED LIST OF DIGITAL RESOURCES

Several white lines of varying lengths and angles are positioned in the bottom right corner of the slide, creating a modern, abstract graphic element.

- ▶ The overall experience was really enjoyable
- ▶ Learned about conducting literature searches, collecting relevant resources for populations, and collaborating on projects.
- ▶ But...
- ▶ The hospital politics were a challenge.
 - ▶ Differing opinions and visions, reluctance to compromise
 - ▶ Patient brochures were generic, with very little useful information for beginning users.
 - ▶ My concern that patients and their needs are not coming first (I'm trying to be polite and not disrespectful).
 - ▶ That all being said, I want to highlight the amount of knowledge I gained as a result of this experience.
 - ▶ As far as the Gantt chart, we would like to decommission the library, but the group cannot decide whether to decommission the library or how to use the space.
 - ▶ Our ideas were not heard, and were unable to agree on a timeline for the project

OVERALL EXPERIENCE